Week 1: Grades 3-5

THE "M" IN STEM MONDAY
Math is an important part of STEM Careers and Real-World Challenges - put your problem solver hat on and let's get to work.

GET TECHY WITH IT TUESDAY
Explore how technology is part of our everyday lives.

WORKOUT WEDNESDAY
Get hands-on as you engage in activities for the mind and body.

THOUGHTFUL THURSDAY
Learn strategies for being mindful of yourself and others.

FIELD TRIP FRIDAY
Go on virtual field trips to amazing destinations.

WEEKEND CHALLENGE
Think of a water-related issue in your community. Work with your family to develop ideas on what you can do to help with the issue.

Girl Scouts of the USA Girls Get STEM
Girls Get STEM Water Watch Guard
The "M" in STEM Mondays
Think about all the ways that you earn money.

Where does the actual money come from?

Watch the video to learn about where our money comes from and the different ways we use it:

Cha-Ching Money Smart Kids Videos
Where does money come from?

Coins are created in a facility called a mint and we can say the coins are “minted”. There are currently four mints in the United States, including one in Philadelphia.

Bills are printed at the Bureau of Engraving and Printing. There are currently two such bureaus in the United States, including one in Washington, DC. All money is released to banks and put into circulation.

Adapted from Cha-Ching
YOU AND YOUR FAMILY ARE GOING ON A TRIP TO PLANET Z! WHEN YOU ARRIVE, YOU’LL NEED TO EXCHANGE YOUR MONEY FOR THE CURRENCY THEY USE THERE – GORBONS. HELP PREPARE YOUR FAMILY FOR THEIR TRIP BY MAKING AN ITINERARY AND A BUDGET FOR YOUR VACATION. THINK ABOUT WHAT TYPES OF ACTIVITIES YOU’D LIKE TO DO THERE. COMPLETE THE FOLLOWING STEPS TO GET READY FOR YOUR TRIP:

• Make an itinerary (schedule) for all 3 days of your vacation.
• Estimate the cost for each activity you plan. How much will a ticket cost? How many Gorbon equal 1 US dollar? What will the entire trip cost you and your family?
• Create a Gorbon! What does the money on Planet Z look like? Be creative in your designs!
Want to learn more?

Check out these resources to learn more:

- United States Mint
- 5 Simple Saving Tricks

Adapted from Cha-Ching
Get Techy with it Tuesday
Congratulations! You are the newest accepted student in the Cryptanalyst Intern Program at Cryptology Agency USA. The field of cryptology studies the science of writing and solving codes. As a cryptanalyst intern, you are about to investigate this field!

Start by talking with a sibling or calling a friend to discuss: What do you already know about codes?

Then, complete the International Morse Code directions on the tablet!
Coded Communication

Once you have decoded the message, follow its instructions and answer in Morse Code!

Adapted from Tech for Tomorrow Cryptobabel
Workout Wednesday
Lately, you and your family are probably spending a lot more time in your home than you do on a typical day. While we’re home, it’s important to remember the benefits of movement in our routines! Watch the video from the American Heart Association and the NFL to learn about ways to keep fit and the benefits this has on your heart.

AHA NFL PLAY 60 Challenge Heart Rate Video

For more ideas of how to keep active at home check out: AHA NFL PLAY 60 Family Activities
• So what will you and your family do on your fitness journey?
• Make a game plan together and hold each other accountable to keep on moving throughout the weeks ahead!

### Make a Game Plan!

<table>
<thead>
<tr>
<th>Day of Week</th>
<th>Our Planned Physical Activities</th>
<th>Number of Minutes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Family Plan</td>
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<td>Monday</td>
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<td>Sunday</td>
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heart.org/NFLPLAY60Challenge

Adapted from AHA NFL PLAY 60
Optionally, ask a parent or adult guardian to help you record and share your fitness journey.

Found a great way to keep up with your fitness journey at home? We want to know!

Share your #GetMovingPLAY60 experiences for a chance to be featured!
Before you watch the field trip

Answer these questions with someone at your house or a friend over the phone.

Are their answers the same or different than yours?

- Favorite and least favorite animal
- Least favorite kinds of food
- Favorite kinds of food
- Favorite parts of school
- Least favorite parts of school
- Dream vacation
- What I want to be when I grow up
- A favorite memory
- Something I’m scared of
- A goal I have
- Something else you might not know about me

Adapted from Soar with Wings Companion Guide
Why is this important?

Everyone is different and unique.

By taking the time to think about ourselves and getting to know others, we have a better understanding of what makes you *you* and them *them*!
Virtual Field Trip

In this video, you will learn a pledge as you follow students throughout their day as they explain and model how the words of the pledge help them better understand themselves, control their actions, strengthen their relationships, and use their wings to soar!

Soar with Wings Virtual Field Trip

Adapted from Soar with Wings Virtual Field Trip
After the Virtual Field Trip

Discuss with someone in your house or with a friend over the phone:

What line do you relate to most from this pledge?

How can this pledge help you?

Words to Live By

I soar with wings. Let me tell you why. I learn lots of skills that help me reach the sky.

I love and accept who I am on the inside and know my emotions are nothing to hide.

Life’s full of surprises that make me feel different ways. If I can control myself, I’ll have much better days.

I understand the choices I make should be what’s best for me to do, and what happens is on me and not any of you.

I understand others are unique. I want to learn more about everyone I meet. I want to step into their shoes and see what they are going through.

I am a friend. I support and trust. Working together is a must. Kind and caring I will be. I listen to you. You listen to me.

I soar with wings. I just told you why. All of these things are why I fly high.

Adapted from Soar with Wings VFT Companion Guide
Field Trip Friday
Today you are going to watch a virtual field trip about Dairy Farmers from Undeniably Dairy. Before you watch, take a moment to think about each of these statements and if they are true or false.

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<thead>
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<tbody>
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</tr>
<tr>
<td>A cow’s diet consists of grass alone.</td>
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<tr>
<td>Farm to table includes locally grown foods.</td>
</tr>
<tr>
<td>Dairy farmers track how many times a day their cows chew.</td>
</tr>
<tr>
<td>Part of being a sustainable dairy is recycling water.</td>
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Adapted from Undeniably Dairy Virtual Field Trip
Virtual Field Trip

In this Virtual Field Trip you will learn about the day-to-day life on the farm.

Many of us have ideas about how milk, cheese, and yogurt are produced and their connection to farming, but do not know how dairy farming practices have changed over the years.

Enjoy the trip!

Undeniably Dairy Virtual Field Trip
After watching the virtual field trip, have a conversation with someone in your house or a friend over the phone about what surprised you the most.

<table>
<thead>
<tr>
<th>Statement</th>
<th>True</th>
<th>False</th>
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